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**Abstract of the Disclosure**

5 A system for providing support and position control of a monitor. In one embodiment, a method of supporting a monitor includes converting an ascending energy storage member force curve into a substantially constant supporting force against the monitor. In one aspect, a method of supporting a monitor includes providing an energy storage member and a cam which are cooperatively positioned so as to move relative to each other along the path of motion. As the energy storage member moves along the path relative to the cam, the cam displaces the  
10 energy storage member and thereby changes a force applied by the energy storage member on the cam, and wherein the cam converts the force applied by the energy storage member into a supporting force on the monitor.

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